

Common Sense Rules

If something hurts while doing it **STOP! Lower the amount of weight and/or change the position of hands and/or feet.**

If you have pain in a certain area, then change your workout routine for the day or skip a day and do cardio.

Your body needs rest to repair, so get a good night sleep.

Always take a week off from lifting after 5-6 weeks, this will give your body the chance to repair, and recuperate.